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Imagine sitting in second period on March 13, 2020. You are just a teenager, who is looking forward to Spring Break the following week. However, the night before this early Friday in March, your district decides to close school for the rest of the year due to COVID-19. For the past several months, you have been on a stay-at-home order, and are now gushing with excitement at the idea of summer. This is reality. COVID-19 has ravaged the United States mentally, physically, and socially. In order to stay safe, connected, and reduce the stigma during the summer of COVID-19, I will set up a coronavirus "survival kit" style website and day known as "Summer in Quarantimes."

To start off my "Summer in Quarantimes" day, I will have a website with outdoor and virtual activities for people to do. These activities will help their minds stay healthy and socializing. One of the main activities will have a list of trails and isolated hikes in the nearby area. Earlier this year I read a book called "Spark: The Science of Exercise and the Brain" by John Ratey. Ratey highlighted how exercise releases the chemical BDNF, which grows neurons and promotes learning. If people are hiking on isolated trails, they will be growing their neuron pathways, not spreading COVID-19, and most importantly improving their mental health.

Following the list of isolated and outdoor activities, there will be a virtual game show for each area as part of the "Summer in Quarantimes" day. People need to socialize in order to help their mental health, but in-person socialization is detrimental to stopping the spread of coronavirus. This is where our good friend technology comes into play. People will sign up on the website, and be given time slot chat rooms. The host will display questions about pop culture as well as pandemic-related questions. The pop culture will give people a way to connect with others while the COVID-19 questions will help to educate the public on how to wash masks, sanitize areas, stop the stigmatism surrounding the virus, and they will be having fun while learning how to be safe, and not subjecting groups to stigma. The host could ask, for example, "What are ways that people may unconsciously stigmatize populations associated with COVID-19?" The players would then buzz in from the answer choices that the "'social avoidance or rejection; denials of healthcare, education, housing or employment; and physical violence' are the ways people stigmatize populations associated with COVID-19, but it is very wrong." The winner of the breakout session game show will get sent movies, popcorn, and candy for a fun night in. The reward will be more than keeping the winner from socializing in densely populated places, but it will serve as a reminder of all the coronavirus safety information they sucked into their brains during the game show.

The next part of the "Summer in Quarantimes" day will be a do-it-yourself craft extravaganza. During this strange time, everyone has taken to Tie-Dying sweatshirts and baking cakes; yet, people fail to realize that they can put their crafty side to high-quality use with COVID-19 safety-related crafts instead on this day. The first craft will be a tutorial on how to make homemade face masks. This encourages people to want to wear personal protection equipment because they will be able to choose pretty fabric and materials instead of the basic hospital blues. To make it even better, there will be more than just DIY face mask tutorials offered that will help people to make useful objects to prevent the spread of COVID-19.

Finally, the last part of the "Summer in Quarantimes" Day will be to print off the certificate saying that a person was an active participant. People enjoy being a part of movements and

activities, and this will be proof to show their grandchildren that they saved lives, even if it is in the unconventional way of not endangering others by spreading germs. Earlier this week, I read an article on CNN by Christina Maxouris that there was an increase in younger people testing positive for COVID-19 as a result of gatherings over Memorial Day. Just one day was able to spread COVID-19 like wildfire, so imagine just how many people the "Summer of Quarantimes" day can save from being stricken by the virus with its active prevention mindset.

It may seem like Summer means masks, hand sanitizer, and constant worry during COVID-19, but it also means we can have fun, if we do it safely. With a day set aside for engaging, outdoor, and isolated trail hikes, a virtual game show aimed at safety education and fun, DIY coronavirus crafts, and a certificate of achievement to show to future generations; it will reduce the stigma directed at populations with coronavirus, help people's mental health, and allow people to stay connected with the community in times of social distancing. So, will you join in for the "Summer of Quarantimes" day or will you flock to heavily, populated areas, hurting your community and not reducing the stigmatism surround COVID-19?